

Learner Journey: Food and Nutrition



Healthy Balanced Diet

Independent Cooking Skills

Employment Opportunities

Meal Time Etiquette

Study Catering at College

Beyond Dawn House School

Personal Development Opportunities:

Event Catering	Healthy Lifestyle	Enterprise	Independent Living	OT Strategies
----------------	-------------------	------------	--------------------	---------------

BTEC

ASDAN

GCSE

Qualifications:

The Food and Nutrition Journey at Dawn House School...

KS4/5
Option
D13 - D16

Topics: Nutrition and Health, Food Preparation Techniques, Experimental Cooking, Recipe Development, Sustainability

- Mastering a range of cooking techniques.
- Learning about the dietary needs of different age groups and lifestyles.
- Exploring the science behind cooking.
- Practicing rigorous food safety and hygiene standards.
- Developing skills in planning menus.
- Exploring foods from different cultures.
- Learning about sustainable food practices.
- Conducting detailed sensory evaluations of food.
- Engaging in food product development.
- Learning to budget for meal preparation.
- Considering dietary needs and ethical issues in food choices.
- Enhancing practical cooking skills through practice.
- Developing the ability to critically evaluate food.

KS4/5
Option
D10 - D13

Topics: Nutrition and Health, Food Preparation Techniques, Experimental Cooking, Recipe Development, Sustainability

- Performing more complex food preparation tasks.
- Comprehending nutritional labels on food.
- Practicing detailed food safety and hygiene standards.
- Developing the ability to follow more complex recipes with multiple steps.
- Improving precision/control in food preparation.
- Conducting sensory evaluations of food.
- Learning about the origins of different foods.
- Mastering a range of cooking techniques.
- Enhancing skills in food presentation.
- Developing teamwork, leadership, and communication.
- Becoming adept with a variety of kitchen equipment.
- Planning and preparing balanced meals that meet specific dietary needs.
- Evaluating the success of recipes.

KS3
D9-D11

Topics: Nutrition and Healthy Eating, Food Safety and Hygiene, Cooking Techniques, Food Origin, Cultural Cuisine

- Performing more complex food preparation tasks.
- Learning about the nutritional value of foods.
- Reinforcing food safety practices.
- Consistently applying personal hygiene and kitchen cleanliness practices.
- Developing the ability to follow more detailed recipes.
- Improving accuracy in measuring ingredients.
- Improving fine motor skills through precise tasks.
- Describing and comparing the textures, flavours and aromas of different food.
- Expanding knowledge about where food comes from.
- Practicing intermediate cooking techniques.
- Enhancing creativity in food presentation.
- Becoming proficient with a range of kitchen equipment.
- Gaining deeper understanding of different food groups.

KS1/2
D1-D9

Topics: Food Preparation Skills, Kitchen Safety, Food Hygiene, Simple Recipes, Seasonal Foods, Healthy Eating

- Awareness of different food flavors, textures, and smells.
- Engaging in simple food preparation tasks.
- Developing fine motor skills.
- Learning about healthy eating habits.
- Emphasizing the importance of personal hygiene.
- Understanding basic kitchen safety rules.
- Following simple instructions for food activities.
- Social interaction by working together on food tasks.
- Using the five senses to explore and describe different foods.
- Introducing the concept of where food comes from.
- Learning basic cooking terms.
- Recognizing and using simple kitchen utensils.
- Encouraging creativity in presenting food.
- Promoting a positive attitude towards mealtimes.